



HEART HEALTH FOR KIDS

Heart disease...Who on earth wants to think about it when their child is young and healthy?

Nobody does! But simple things that you can do NOW may prevent heart disease in your children later.

Do you have high blood pressure or heart problems on either side of the family? Then you have even MORE reason to do these things!

THE MOST IMPORTANT THINGS TO DO

1. Cut down on the **fat** in your foods.
2. Be sure your child gets **exercise**!
3. Teach your child **NOT** to smoke.




F A T

Almost everything you cook can be made with **less fat**.

Just what exactly is fat?

- Cooking oil
- Margarine and butter
- Mayonnaise and salad dressing
- Lard and shortening

Also...

- The fat in meats, sausage, bacon
 - The fat in fried foods like fried fish, fried chicken, french fries, donuts
 - The fat in chips and dips and pizza
 - The fat in whole milk and cheese
- 

10 BEST WAYS TO CUT DOWN ON FAT...

without anybody even noticing!

1. Use a little less fat in everything you cook. Cut down a little at a time.
2. Cook **more** vegetables and beans and cook **less** meat.
3. Buy lowfat or skim milk for everyone over age 2.
4. Only eat bacon and sausage every once in a while.
5. Bake, broil or roast meats, instead of frying them.
6. Skim the fat off gumbo, soups, stews.
7. Make your gravy with less fat and then serve a little less each time.
8. Use more foods that are naturally low in fat, like fruits, vegetables and potatoes.
9. Gradually cut way down on potato chips, french fries, donuts, greasy foods.
10. At fast-food restaurants, choose foods low in fat like grilled chicken sandwiches, broiled burgers, salads and lowfat yogurt.

If you need to lose some weight, cutting back on fat is a great way to do it. You can improve your family's heart health and your figure at the same time!

Reprinted with permission from Louisiana Department of Health and Hospitals, Office of Public Health, WIC Program.

Missouri Department of Health and Senior Services

P.O. Box 570, Jefferson City, MO 65102-0570

Telephone: 1-888-435-1464

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD).

USDA is an equal opportunity provider and employer.

This publication may be provided in alternative formats such as Braille, large print, or audiotape by calling 1-888-435-1464.

TDD users can access the above phone number by calling 1-800-735-2966.

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER

Services provided on a nondiscriminatory basis.

#317